



Parmesan Pasta with Chicken and Rosemary

READY IN



45 min.

SERVINGS



4

CALORIES



1014 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 4 servings kosher salt and pepper
- ☐ 3 cups orecchiette pasta
- ☐ 0.8 cup parmesan grated
- ☐ 3.5 pound rotisserie chicken cut

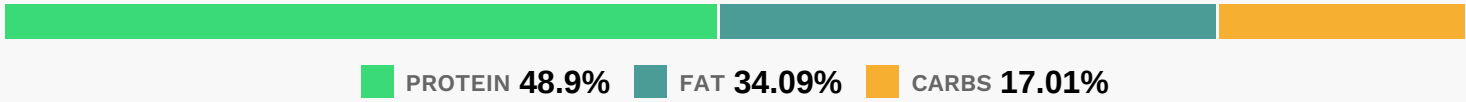
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook the pasta according to the package directions. Shred the chicken, using a fork or your fingers, while the pasta cooks. Discard the skin and bones.
- ☐ Drain the pasta, reserving 1 1/4 cups of the water. Return the pasta to the pot.
- ☐ Add the reserved pasta water, chicken, rosemary, 1/2 cup of the Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper to the pot. Stir over medium-low heat until the sauce has thickened slightly, about 2 minutes. Divide among individual bowls and sprinkle with the remaining Parmesan. Tip: Using water reserved from the pasta pot is a classic cook's trick. Starchy and salted, it makes a light, flavorful sauce when tossed with cheese and herbs. It's also great for thinning pestos and marinaras.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:17.05, Inflammation Score:-1, Nutrition Score:9.1547825828843%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1013.78kcal (50.69%), Fat: 38.18g (58.73%), Saturated Fat: 11.87g (74.21%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 40.94g (14.89%), Sugar: 1.72g (1.91%), Cholesterol: 393.77mg (131.26%), Sodium: 1875.02mg (81.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.22g (246.43%), Selenium: 39.77µg (56.81%), Manganese: 0.53mg (26.48%), Phosphorus: 237.1mg (23.71%), Calcium: 237.1mg (23.71%), Magnesium: 38.98mg (9.74%), Zinc: 1.32mg (8.79%), Copper: 0.17mg (8.59%), Fiber: 1.94g (7.76%), Vitamin B2: 0.1mg (5.74%), Iron: 0.95mg (5.3%), Vitamin B3: 1.02mg (5.08%), Vitamin B6: 0.1mg (5.01%), Potassium: 149.41mg (4.27%), Vitamin B1: 0.06mg (3.89%), Vitamin B12: 0.22µg (3.75%), Vitamin A: 175.68IU (3.51%), Vitamin B5: 0.34mg (3.35%), Folate: 12.53µg (3.13%)